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THE YELLOW BIRCH WITHE.	MYSTERIOUS MAN OF LETTERS
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Use in the Backwoods From the Cradle to the Grave.
 (Me.) Cor. New York Sun.

Before the days of the "Bible Belt," Bill Remick, "when a man on spools" was a goodman wanted to fasten anything so that it would be there when he needed the next time he used a withe. I suppose that most of the rail fences used by the first settlers in Maine were held in place with yellow birch withies.

"I have seen them used to bale hay, and up bags of grain, and splice cart tongues, and keep grindstones from leaping out of frames, and to tie the calves while feeding."

The old-time farmer had no other uses for his "ash-trunk" than to make the wheelbarrows, and the wooden tubs which

of a threshing flail to the handle, and bind on loads of wood and potatoes and apples and hay when they were taken to market.

"Fifty years ago a bundle of withes was necessary at a funeral as a dead body. The withes were used to bind the body to the coffin, then, without paint or varnish. Such articles as beackets were unknown.

"Instead of having silver-mounted handles, the handles of the spades and pick-

about the coffin near the head and near the feet, and when the bearers were ready to proceed they took a firm hold of the witnesses and went along.

"When I was digging for a coffin of a young foxes in the old Marlborough burying ground I came upon a rotten coffin that had been wrapped in birch withies for more than seventy-five years. The ash boards

the plate had rusted so that I could not make out any name. But those coiled and twisted limbs of sapling yellow birch were still strong enough to hold a yoke of oxen. It seems as if those old chaps who cleared up farms for us and then impoverished the soil so it would grow no crops

The first time and every time the child went wrong he received an application of the cane. He was a very obedient child and most good. From early manhood to old age he was the most useful and the most obedient of slaves. He was a good white dress stepper in and wound up the

the coffin and held it in his arms until all inside had turned to dust."

Fruits and Nuts.

from the Chicago Chronicle.

England is not the land of fads and fancies and it is surprising to read in recent dispatches from London that some of the remotest people in that distant sea have come to prostitute their genius that they might live. But at last a rich lady, who has hoped that he would marry her, died of a broken heart, bequeathing him her fortune. Forthwith he shook the dust of London from his feet, leaving his friends to hope for ever, his unappreciative native land.

LONDON'S SUPREME PROBLEM.

Lord Charles Beresford and Lady Beresford head the list, and the Earl of Buchan and Neville Lytton are late converts to this diet. They were all originally vegetarians, but they have now discarded all food except fruits and nuts, and nuts alone, served hot and cold, constitute the principal course at dinner. It is said, at many lordly banquets, "the only food employed only yesterday," exclaimed a London meat merchant, "that they could live luxuriously on," "is 2 or 3 cents a day on the finest food in the world."

the world and that it could be varied so much that there would be no monotony of diet.

Dr. W. E. Cooper, a nut eater, publishes a comparative table of the nutrient content of various foods. The following are some of the percentages: Peanuts, 40; hazel nuts, 40; chestnuts, 80; walnuts, 88; almonds, 87; pork, 61; mutton, 34; chicken, 25.

Vegetarianism has many respectable devotees in every community, but perhaps the most notable is in the city of New York where you would not say that this fruit and nut diet was an absurdity. They are not. It is a very healthy diet. The only fault is that nuts are extremely indigestible.

On Sunday, July 2, at noon, there came through one of the asphalt courts a young man, a little boy and a young woman carrying a baby. They were drafted to look upon, a pair of them clothed in hopping, and a third, a stout, fat, and unclean. The woman had a vacant face and next to no chin; the man had sloping shoulders, one higher than the other, and stooped. The boy reproduced and exaggerated the physical features of the other two. The man slowly led the way down the court, singing, "I have never known a thing more grotesque or more repulsive than a young man who is not to the inappropriate air of Abbie Hoffman."

and for the most part pass out of the body in the same condition in which they were taken. The fact that the stomach does not digest, and to some extent this is true, that it promote digestion for the very reason that it does not digest, is a curious thing. That is, they act mechanically on their food, just as cheese, mustard seed, and other things which are not digested distributed and accessible to the gastric juice.

Another reason for this opinion would be that nutriment in a greatly concentrated form is almost as useless in the stomach as so much sand. The stomach has a highly organized and powerful muscular pump and nutriment is put into it, healthy digestion

which it is usually sung in America, but which is not sung in England. It was not that his voice was feeble, or walling, or pathetic. What struck every ear was the fact that it was not the voice of a human being. They walked very slowly down the court and the windows were open and the doors were opened and some halfpence were thrown out, perhaps five. And then, singing in this frightful fashion, they took their way into the doorway, or sign.

They were the problem of London, those four, and they stood before the best houses that London has yet been able to make.

Eastern Fares Rich.

From the Household Companion.

The fact of the superior productiveness of eastern farms is an old story in the older portions of the country. The western and northern farmers seem to have just discovered the situation. With an air of something like surprise they have been calling their respective sections "the breadbasket of the nation." It is true that the average yield per acre for corn, oats, barley, buckwheat and potatoes of insignificant little New

Japanese and Chinese have shown that he can do so. In like manner there are even those who have been able to grow rice in those experience would seem to prove that they are the best paper food in the world. With the fruits of a nutlet that it has never been demonstrated to be the prairie farmers at their own game. The human body has so many eccentricities that there is nothing wild and rich in the time of diet. It is not that it has not had its advocates

Students as Newspaper Readers.
 on Lealle's Weekly.
 A professor in Northwestern University has laid it down as an imperative rule for his students in his classes that they shall read the newspapers every day and thus

main importance with current events. I shall not discuss the importance of the Tablets as the daily lessons assigned from the text-books." There is in this requirement that might appear to be a restriction, but it is the basis of a good daily newspaper can be overestimated. Such reading every day, done with care, thoroughness and discrimination, is a university training. It enlarges the mind, broadens and enlarging the scope of one's sympathies.

There is probably no remedy so universally used as Stuart's Tablets, because it is not only the stomach, but well people who use them at every meal to insure perfect digestion and assimilation of food.

People who enjoy fair health use Stuart's Tablets as regularly as they take their meals, because they want to keep well. Prevention is better than

It seems almost inconceivable that a man can be a good American citizen, owe to his duties, obligations and opportunities, and be alert and intelligent in his exercise, if he is not a regular and discriminating reader of some wide-coverage and readable daily journal.